

COLD DAY LUNCHEONS

EASILY PREPARED DISHES THAT WILL SATISFY APPETITE.

Cheese Fritters Economical and Welcome as a Change—Deservedly Popular is Ragout of Corn and Mutton Chops.

By LIDA AMES WILLIS.

Cheese Fritters.—Mix two tablespoonfuls of grated cheese with two dessertspoonfuls of bread crumbs, half a tablespoonful of dry mustard, a dessertspoonful of butter, a pinch of cayenne. Pound smooth with a potato masher, mixing well; make into balls size of walnuts and flatten them a little. Make a batter with a cup of sifted flour, a tablespoonful of melted butter, scant cupful of warm water, pinch of salt, and the white of one egg, well beaten. Drop the fritters into this and then from a spoon into the hot fat, cooking as you would croquettes.

Ragout of Corn and Mutton Chops.—Cut into small pieces a pound of leg chops of mutton, and put into a saucepan with enough butter to prevent burning, and brown over a hot fire. When well browned add half a can of sweet corn, and season to taste with salt and pepper. Add enough boiling water to moisten. Stir over the fire until well heated and serve at once.

King William's Pudding.—Chop finely two apples, mix with two ounces each of grated bread, sugar and currants; the grated rind of a lemon and just enough of the juice to give a slight acid flavor, a pinch of salt and a suspicion of mustard or ginger. Stir all together with two well-beaten eggs and pour into a well-buttered bowl. Cover with a plate, tie up in a cloth and steam for an hour and a half. Serve with following sauce: Boil together half a cupful of sugar, half a cupful of water, for fifteen minutes. Remove from the fire, and when cooled a little, add the remainder of the lemon juice left from pudding.

Breaded Liver.—Have the liver cut in quarter-inch slices; pour boiling water over them, drain and wipe dry; then season with salt and pepper, dip in beaten egg and into fine bread crumbs and fry for six minutes in deep, hot fat, using the frying basket.

Sweetbread and Lamb Fricassee.—Take a pound of lamb and a good-sized sweetbread; chop both moderately fine; season with a saltspoonful of salt, a quarter of a teaspoonful of pepper, and roll in flour. Fry a moderate brown in butter. Add half a can of tomatoes, an onion, a pinch of sugar and a tablespoonful of finely minced parsley. Stew slowly until thoroughly tender.

Cranberry Meringue.—Beat the whites of three eggs until very stiff; add carefully, one by one, the three yolks to this froth; beat in lightly $\frac{1}{4}$ cupful of sifted granulated sugar and juice of one lemon; add lightly $\frac{1}{2}$ cupful of flour in which half a teaspoonful of baking powder has been sifted. Bake in a long pan, turn out on a platter and spread liberally with a jelly made of one cupful of cranberries, one cupful of sugar and half a cup of water. Do not stir the cranberries, but when jellied strain through a sieve. Beat a whole egg with half a cupful of powdered sugar until creamed. Flavor with a few drops of vanilla. Spread on top of the cranberries and serve. This is a delightful and wholesome dessert.

Potato Pyramids.

An unusual way of combining sweet and white potatoes is given below:

Boil large sweet potatoes, cut half-inch slices from the largest part to serve as the foundation for the pyramids.

In the center of each slice put a spoonful of well-seasoned mashed potato, made stiff enough to keep its position.

Top each mound with a tiny cube of sweet potato.

Oatmeal Cookies.

Cream scant half cup butter, one cup of sugar, yolk of an egg, one tablespoonful of milk, one tablespoonful vanilla extract, pinch of salt. Add beaten white of egg, then two cups rolled oats, with two teaspoonfuls of baking powder, one-half cup flour. Drop on lightly floured tin sheets a good teaspoonful or one-half teaspoonful, according to size preferred. Bake eight or ten minutes in a moderate oven, lift from tin sheet with a knife. They will be soft when they come from oven, but soon harden.

Frosted Apple Pie.

Six medium sized apples, steamed and sliced, yolks of two eggs, sweeten to taste, flavor with lemon extract. Bake with one crust; when pie is baked and partly cool, frost with the whites of two eggs and a little sugar, return to oven and brown slightly.

Use for Potato Water.

Save the water in which potatoes have been boiled, and use it for cleaning silver spoons, knives and forks. This is excellent, as it brightens the silver and removes all stains.

BIG EATERS HAVE BAD KIDNEYS AND BACKACHE

Take a Glass of Salts at Once if Your Back Is Hurting or Kidneys and Bladder Trouble You.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a table-spoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

Out of the Mouths of Babes.

"Father," said Robert, "you were awfully good when you were a boy, weren't you?"

"What makes you think so, my son?" asked his father.

"Why, every time I do anything grandma doesn't like, she always says: 'I never knew my George to do things like that.' So I think you must have been good. But, father, you know I can't help but feel sorry for you."

"Why so, Robert?" inquired his father.

"Because you were so good you must have missed a lot of fun."

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy. Adv.

Pat's Whereabouts.

An English mill manager one day missing one of his workmen who happened to be an Irishman, searched his yard, but in vain. After some time Pat returned, and, being accused of his absence by the manager, who said he had searched the four corners of the yard for him, Pat replied: "Ah, sir, sure 'twas in the center I was."

IN MISERY WITH ECZEMA

Franklin, La.—"About four years ago my face broke out in little red pimples. At first the eczema did not bother, but finally the pimples began itching and burning and then there came little raised places. I suffered untold misery. I scratched them until they bled and I could not sleep at night. I was ashamed of my face and I could not bear to touch it.

"I tried different remedies without result until I tried Cuticura Soap and Ointment and in six weeks they completely cured my face. That was nine months ago, and no sign has appeared since." (Signed) Mrs. Leola Stennett, Dec. 14, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Many a man has grasped an opportunity that was too hot for him to handle.

Plutocrat vs. Nobleman.

A prominent society matron, apropos of an international marriage that had ended badly, said:

"This scoundrelly foreigner ought to have been treated at the start as old Bobba Golde treated the Vicomte l'Oignon."

"The Vicomte l'Oignon, presenting himself at Golde's cream-colored palace in Fifth avenue, demanded the hand of Miss Lotta."

"Old Gobba Golde shook his head and pursed his lips. Then, with a kindly smile, drawing out his wallet, he said:

"Oh, no; I can't give you my daughter. That is asking too much. Here, however, are half a dozen soup tickets."

Scant.

"There's one thing about these new styles."

"Shoot."

"The women have stopped complaining that they haven't much to wear."

Philadelphia has established a new city bureau to care for transportation matters and projects.

Never apologize for having been born. It wasn't your fault.

You'll wake up with a good taste in your mouth

if you chew this after every meal.

The refreshing digestion aiding mint leaf juice does it.



This clean, pure, healthful gum purifies your mouth—sweetens your breath. It's a pleasant, inexpensive, beneficial pastime. It brightens teeth besides.

BUY IT BY THE BOX
at most dealers
for 85 cents

Each box contains
twenty 5 cent packages

Chew it after every meal
It stays fresh until used

6

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The Next Thing.

"Appearances are against you."

"Then tell me quickly what it is that fronts me."

Putnam Fadeless Dyes are the easiest to use. Adv.

Vigo, Spain, has 43,900 inhabitants, who depend largely on fisheries.

W. N. U., Oklahoma City, No. 7-1914.

Whenever You Need a General Tonic
Take Grove's

The Old Standard
Grove's Tasteless

chill Tonic

Is Equally Valuable as a General Strengthening Tonic, Because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds Up the Whole System.

You know what you are taking when you take Grove's Tasteless chill Tonic, as the formula is printed on every label, showing that it contains the well-known tonic properties of QUININE and IRON. It has no equal for Malaria, Chills and Fever, Weakness, General Debility and Loss of Appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. A True Tonic and Sure Appetizer. For grown people and children. Guaranteed by your Druggist. We mean it. 50c.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

EYE ACES Pettit's Eye Salve

W. N. U., Oklahoma City, No. 7-1914.

Death Lurks In A Weak Heart

If Yours Is Fluttering or Weak, use **RENOVINE**. Made by Van Vleet-Benefield Drug Co., Memphis, Tenn. Price \$1.00